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Alternatively text YAECCO (space) followed by A, B or C, and your name, full address and e-mail to 63333.

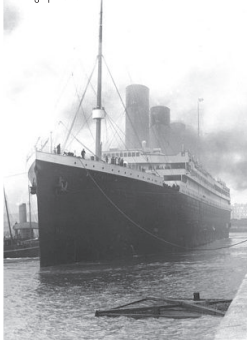
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*Applies to bookings made before 30 April 2012 excluding voyage fares. Price shown based on the 23 April departure. All fares exclude gratuities. Offers may be withdrawn at any time. + £5pp per night fuel supplement will apply.

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Students win Olympic hospitality masterclass

CATERING students at Barking and Dagenham College experienced the training being offered to Olympic staff, after winning an employment skills masterclass.

The college won the training after entering a prize draw, hosted by UKSP, an information site for careers in hospitality.

Representatives from UKSP gave students training given to

39,000 staff and volunteers at the 2010 Vancouver Winter Olympics.

They were also given training in the hospitality, leisure, travel and tourism industry by a firm called Employment First.

Both programmes have been awarded the 2012 Inspire mark by LOCOG and will be offered to thousands of staff working at the

Olympic Games later this year.

Cookery student, James Medhurst, 16, said: "It feels great to be given the same training that staff working at the Olympics will receive."

"I would love to be a head chef one day - I think this training will make me more confident, and make it easier to serve customers. Customer service is really impor-

tant, because you go to a restaurant to be treated like royalty. You're paying for the experience, so you want to be treated with respect."

Duncan Ainge, who is head of hospitality, sport, leisure and public services at the college, said: "Developing employment skills gives our learners a head start in a competitive jobs market."

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Leisure centre reaches milestone

REDBRIDGE Sports and Leisure Centre is celebrating its 40th birthday.

Staff at the centre in Forest Road, Ilford, have been marking the milestone with a host of extra fun packed activities which are available to everyone.

Classes on offer include aerobics to zumba, badminton to racketball, basketball to roller-skating.

Deputy manager, Winstone Clarke, said: "The centre is at the heart of the community providing members and non-members with sports and leisure activities for all ages and abilities under one roof."

"It is more than a local community club, being equipped to host everything from internal leagues to international championships."

"We are proud of the heritage, from the foundations laid by Norman Booth over 40 years ago and look forward to serving the community for many more years to come."

The centre opened in 1972, and since then, Redbridge Sports and Leisure has increased the range and choice of activities.

Its charitable status ensures that all extra income earned by the organisation is re-invested to improve facilities.

The trust is governed by the executive board, a committee of chief officers and nominated representatives, who all provide its services on a voluntary basis.



CELEBRATE: Winstone Clarke at Redbridge Sports and Leisure Centre.

Picture by Roy Tillet

New 24-hour helpline for vulnerable people launched

A 24-HOUR helpline has been launched in Newham for adults to report physical, emotional and institutional abuse or neglect.

The Newham Adult Abuse Help Line can be used for a variety of things, from straight forward information and advice about the abuse and the safety of the more vulnera-

ble adults in the borough; to the disclosure of a specific concern about your own or somebody else's safety.

All allegations of abuse are taken seriously and thoroughly investigated however confidentiality is respected.

Councillor Joy Laguda, executive member of older persons and adults,

said: "It is unacceptable that some of the most vulnerable and disadvantaged people in our communities have to contend with abusive behaviour from people around them."

"Introducing one number for vulnerable people, their family, friends and professionals to call is important because it helps to remove barriers to reporting abuse."

"This is just one of the measures we are introducing to support older people to live their lives free from fear, violence and abuse".

If you or someone you know is being abused, or if you suspect abuse, telephone the Newham Adult Abuse Help Line on 020 3373 0440.

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World Music Day

FOREST Farm peace garden in Hainault will be organising a World Music Day to celebrate Refugee Week in June.

The day will be a cultural celebration of the diversity in northeast London, and everyone is invited to get involved.

The event is on Sunday, June 17. Help is needed with planning and publicity.

Contact

natalie@forestfarmpeacegarden.org to find out more about volunteering opportunities.

Time to play

A FUN Wild Play session will take place on Friday.

It takes place from 10am to noon, with the meeting point at Barn Hoppitt car park, Rangers Road, Chingford.

The sessions costs £2 per child with no booking required.

For more details e-mail eppingforest@cityoflondon.gov.uk or call Epping Forest Visitor Centre on 020 8508 0028.

Woofs and Wellies walk

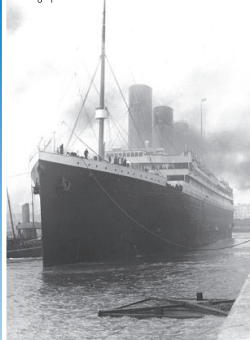
TAKE part in a dog walk with a difference.

St Francis Hospice's sponsored Woofs and Wellies walk will take place at the Lambourne End Outdoor Centre, Manor Road, on Sunday from 10am to 4pm.

Tickets are £5, and prebooking is essential on 01708 771427.

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Senior doctor admits access to GP surgeries needs to improve

By Peter Henn

ONE of North East London's most senior doctors has admitted a need for improvement in access to GP surgeries in the area.

Dr Ken Aswani, medical director of NHS North East London & The City, said improvements had to be made by the time primary care gets taken over by localised Clinical Commissioning Groups next year.

He was speaking at a meeting of the North East London Joint Health Overview & Scrutiny Committee.

He said: "We need to look at ways in which we can make things better, but we don't want to be too dogmatic about things - it has to be about listening to the patients."

Dr Aswani admitted that, in many cases, there were problems for patients who wanted to contact their surgeries, especially if they only had one practitioner.

He said: "We want to improve the patient experience, and we need to pay attention to what people have said."

The issue of contact was brought up by the chairman of

Havering's health overview & scrutiny committee, Pam Light (Conservative, Harold Wood).

She said: "I'm hearing there are cases where people have to call expensive phone lines, and even then, there's no answering machine, or call back service."

Her stance was echoed by Redbridge's Joyce Ryan (Conservative, Fairlop).

She said: "I'm lucky I've got a good surgery, but I hear a lot from people who have to keep calling, and keep calling, and keep calling their surgeries."

"They don't have time to do that."

Service cut fears after mental health services standardised

By Peter Henn

MENTAL Health services will become the same across all north east London boroughs - but there are fears that may lead to some services being cut in some areas.

Speaking at a meeting of the North East London Joint Health Overview and Scrutiny Committee on Tuesday, chiefs said they were planning to make all services standard.

North East London Foundation Trust's Carol White said, at present, not all boroughs offered the same facilities.

She said: "We want to make sure that all the areas we cover

have all the same services, so there is going to be equalisation."

The matter was brought up because the trust, which covers mental health services across Havering, Barking & Dagenham, Redbridge and Waltham Forest, wants to introduce psychodynamic psychotherapy, which is currently only available in Waltham Forest, to all its areas.

Mrs White said: "We want to work to identify resources, and find out about what is sustainable and within our budget."

The chairman of Havering's health overview and scrutiny

committee, Pam Light (Conservative, Harold Wood) said the issue was a concern.

She said: "In our borough, our mental health care focuses a lot on old people, because we have a large elderly population, so we're worried that NEFLT's plans will end up with our services cut."

The joint committee chairman, Waltham Forest's Richard Sweden (Labour, Wood Street) said NEFLT should report back to the committee at a later date.

He said: "We need to learn more about what is going on, because I'm worried equalising services will mean equalising down, rather than up."

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ALL DONE! The last building for 2012 is complete.

Olympic water polo arena is completed

THE CONSTRUCTION of one of the final London 2012 venues on the Olympic Park – the 5,000 seat Water Polo Arena – is now complete, one month before hosting its test event.

The venue was built in just 13 months by firms from across the UK including an east London construction com-

pany, which specialises in building stages and structures for events such as the Ryder Cup.

The arena is distinguishable by its silver-coloured wrap and an inflatable roof, made from recyclable plastic.

It holds almost three million litres of water in the warm-up and competition pools.

The venue is based at the main eastern entrance to the Olympic Park next to the aquatics centre, in one of the most compact areas of the 500-acre site.

Tickets for the Visa Water Polo International, which takes place between May 3 and 6, are now on sale at www.ticketmaster.co.uk/londonpreparseries



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Get active with Becks

A COMPETITION to meet David Beckham has been inundated with entries from youngsters in Essex and east London.

A total of 1,241 of the region's schools, youth clubs and organisations have entered.

Sainsbury's launched the '1 Million Kids Challenge', which is backed by Sainsbury's Paralympic Games Ambassador, David Beckham, to get children to try out Paralympic sports ahead of the London 2012 Olympic and Paralympic Games.

Ten schools, clubs or groups will be involved in the Paralympic Torch Relay, and one will get a personal visit from David Beckham.

There are just two weeks left to submit their results.

A spokesman said: "It would be awful if a local school or club missed out on the chance to meet David."

Sainsbury's Active Kids was launched in February 2005, in response to growing concerns around children's activity and obesity levels.

For further information or to submit participation numbers for the chance to meet David Beckham visit www.sainsburys.co.uk/1millionkids or by calling 0844 415 8440.



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By Charles Thomson

AN UNUSUAL sight greeted visitors to court-room one at Crown Court on Friday, March 30.

The judge's bench was occupied not by one judge, but five – all dressed in full robes and wigs.

Every seat, from the jury panel to the dock to the public gallery, was crowded with barristers, ushers, clerks, security guards and other courthouse staff.

The occasion was London-based Judge Christopher Mitchell's valedictory ceremony, held to mark his last day as Basildon's resident judge.

The 69-year-old took early retirement so he could enjoy the summer.

Judge John Lodge opened the ceremony by describing Judge Mitchell as a 'quiet, decent gentleman who has taken Basildon upwards and onwards'.

He joked that he had inherited Mr Mitchell's filing cabinet, including the bottle of sherry he kept in the bottom drawer for entertaining barristers – 'especially the ladies'.

He told the court: "He has been a kind, gentle and caring colleague. He never hectors but will always give advice. He is always available.

"His care, his compassion for everybody in the court is obvious and manifest. This crowded courtroom speaks to that.

Judge hangs up his wig

"This court is good. It is good because over the past years, Judge Mitchell has sat here. It will be poorer for his retirement."

The court heard from a representative of the bar that Mr Mitchell was famous for cycling around London and travelling to and from Basildon on the 'Fenchurch Street Flyer'.

They joked that he could use his retirement to expand his ever growing property portfolio.

In a speech thanking the court staff for their support over the years, Mr Mitchell spoke about receiving a letter in 2003 to say he was being considered for a circuit judge position.

He joked: "It said I was assigned, but it read rather like 'sent', to Basildon. I was in complete terra incognita. I had a fear of being lonely. I need not have worried. From day one I found a warm and friendly atmosphere and so it has continued."

He praised the court as a 'well-oiled human machine' with everybody working together in a thoroughly harmonious way'.

He continued: "It has been a privilege to be a resident judge in Essex. For me these last nine years have been very, very happy years and this is in no very small part due to the support from all who work in this court building. Thank you all very much."

Speaking after the ceremony, Mr Mitchell said that although the retirement age for judges is 70, he had chosen to leave a few months early so he had the summer ahead of him.

He said: "I shall be sad to leave. This is a very happy court. But at the same time, I'm glad now that I'm not going to be going full time."

He added that he may continue to work as a part-time judge when others are unable to sit.

Commenting on jokes about his property portfolio he said the claims had been 'rather exaggerated'.

He said his wife owned a house in France and they owned a 'very small house' in Greece.

He said he would enjoy visiting the properties more often in his retirement.

Asked about his hobbies he said he loved sketch-

ing and watercolours.

He said: "I have been doing it on and off for years. I shall sign up for a course. I've never been able to find a decent course. I would like to improve my skills."

Court manager Jeannine North said: "His honour Judge Mitchell will be greatly missed by all of the staff. He has always been very approachable and supportive of the team and is respected by all as a result. We all wish him a long and enjoyable retirement."

A long career

JUDGE Mitchell has a reputation among his peers, his employers and the wider legal profession for his outstanding legal knowledge and wise application of the law.

He has sat on numerous high profile cases.

In November 2009 it was Judge Mitchell who sentenced Southend boy Ben Gemmell to six years in prison after he crashed his car into 30 school children, killing one and leaving another in a coma.

But there have inevitably been controversies too. In February 2010 he attracted criticism when he allowed Basildon woman Sarah-Jane Hilliard, who fabricated a rape claim and tried to claim £7,500 compensation, to escape jail.

He gave her a suspended sentence and community service. Her victim, Grant Bowers, said the sentence was 'not even a slap on the wrist'.

Some debate surrounded the judge's decision when he presided over the case of Edward Terry, father of England footballer John Terry.

Mr Terry, from Chafford Hundred, had supplied 3.5 grammes of cocaine to an undercover News of the World reporter.

However, Judge Mitchell described the case as entrapment, gave him a six-month suspended sentence and 100 hours community service.

In April 2011 he came under fire again when he sentenced former James Hornsby teacher Jonathon Saunders, who downloaded 500 indecent images of children onto a school laptop, to a 36-month community order.

The National Association for People Abused in Childhood blasted the decision, saying: "He has given a green light to other people to go on the internet and pay for children to be abused."

On his last day as resident judge, Mr Mitchell heard the case of Jonathan Nelson, brother of X Factor winner Jesy Nelson, on a drug dealing charge.

Mr Nelson entered a plea of not guilty.

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Select the **full re-tune** option. This is sometimes called 'first time installation', 'factory reset', 'default settings' or 'shipping conditions'. Do not select 'channel update' or 'add channels'. Press 'OK' if your equipment asks if you want to delete all your channels, don't worry this is normal.

Channels will automatically be installed. This may take a few minutes and your equipment may shut down and restart.

These instructions are a guide only. Product specific instructions can be found at digitaluk.co.uk/retuning.

For more information on re-tuning call **08456 50 50 50**

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By Peter Henn

A COUPLE of business partners have got ready to go that extra mile when they walk from London to Brighton to raise money for a good cause.

However, for Linda Balzanella and Erik Meijer, from Briscoe Road, Rainham, there is a money spinning twist - they want to raise £1,000,000 for the charity Blind Veterans UK.

Linda said she wanted to raise awareness and cash, but there was another reason for taking the challenge.

She explained: "I've had 16 hours worth of surgery on my feet in the last few years, so I wanted to do something that would challenge me."

Erik, 46, and Linda, 53, who run a firm which organises sponsorship for Formula One races, will be starting their trek on Saturday, June 9.

They will walk along the River Thames, across the South Downs, and they aim to arrive in Brighton the following day.

The route is 100 kilometres in length, and they want to raise £10,000 for every kilometre walked.

Linda, who is also asthmatic, said she had met with some of the veterans who the charity cared for, and had been moved.

She said: "They had risked everything to protect our freedom, they came home safely, but they lost their sight and their independence."

"We want people to support us, and to help us make a difference."

If you want to sponsor Erik and Linda, go to www.walk100km.com

BEST FOOT FORWARD: Linda and Erik Meijer, at the CEME Centre, Rainham, who are raising money for charity by walking from London to Brighton.

Picture by Martin Dalton



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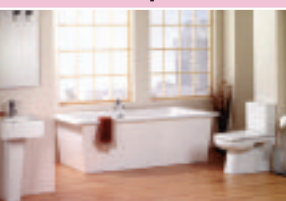


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Rape cabbie jailed

A BLACK cab driver from Romford has been jailed for raping a passenger in his taxi outside her home.

Edward Chapman, 45, of Beaulay Way, was found guilty, sentenced to seven years behind bars and told he will remain on the Sex Offenders' Register for the rest of his life at Wood Green Crown Court last Tuesday.

The court heard that on August 12, 2011, the woman, in her mid-thirties, had been out with friends when she flagged down a Hackney carriage in the early hours of the morning in Shoreditch. She was feeling unwell and asked to be taken to her home in Finchley, but when they arrived Chapman raped her in the cab.

After the attack, an investigation was

launched by Barnet's Sapphire unit and the officers used CCTV evidence to identify the taxi, which had distinctive "Huffington Post" livery.

During sentencing, Judge Nicholas Browne QC said: "Black cab drivers have rightly earned a very high reputation as the most reliable drivers around the streets of London. By your conviction, you have damaged the reputation of black cab drivers generally."

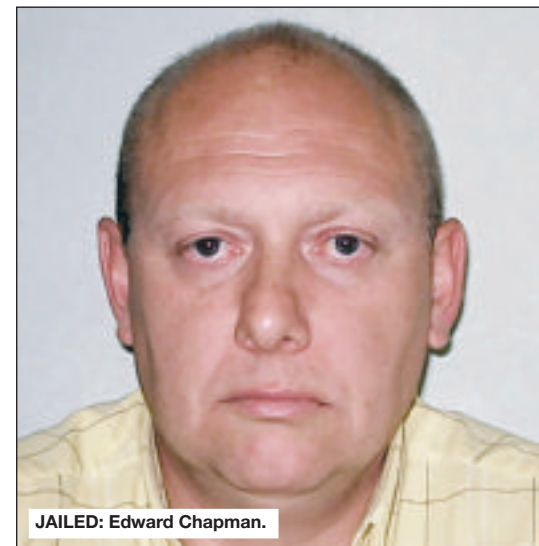
"This rape involves a gross breach of trust by a professional driver to his passenger, taking advantage of a vulnerable passenger. The victim is still affected by her ordeal at your hands."

"But what emerged about her character was

her calmness, her quiet dignity, and her quest for justice, which has been achieved."

DS Steve Grainger, of the Barnet Sapphire unit, which investigates serious sexual crime, said: "I would like to thank the victim and her family for their courage and support during the investigation. Chapman was a licensed taxi driver who abused his position to take ruthless advantage of this woman. It is only by the bravery of victims that people like Chapman can be stopped."

"We understand that some victims may be worried about reporting serious sexual assaults to police, but I would like to reassure the public that we take all reports seriously and will investigate them thoroughly."



JAILED: Edward Chapman.

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Saturday, April 14

- Puppet Show - Wanstead Library, Spratt Hall Road, Wanstead, Shoe Baby presented by Long Nose Puppets, a sing-along adventure with a baby who takes to the sea, the air, the zoo all in a shoe! for 2-6 years, 2.45pm, tickets £5.50 adults and children, children must be accompanied by an adult, advanced booking essential, bookings 020 8708 3044.
- Spring Stamp Fair - Leytonstone, Wanstead and District Philatelic Society, Our Lady of Lourdes Church, Pastoral Centre, 51 Cambridge Park, Wanstead, stamps, postcards, coins and cigarette cards, dealers, refreshments, no entrance charge, 10.00am-4.30pm.
- Spring Flower Show - Buckhurst Hill Horticultural Society, The Centenary Hall, St John's Church, High Road, Buckhurst Hill, 2-5pm, plant sales, teas, homemade cakes, admission non-members £1, children free. 020 8504 3238.
- Tabletop Sale/Coffee Morning - Shern Hall Methodist Church, corner of Shernhall Street and Oliver Road, Walthamstow, 10am-2pm, admission free, hot/cold refreshments available.
- Tennis - Small friendly Tennis Club in Ilford, we play throughout the year, (Sat afternoons, Sun mornings and three weekday afternoons), low fees, over 50s welcome, details Tom 020 8593 4365 or John 020 8592 1609.
- Garden Organically - Come and join our small friendly cooperative at Gale Street Organic Growers, Saturdays and Wednesdays, not just an allotment but a community garden, details 07815 500190.

Sunday, April 15

- Walk - Ramblers' West Essex Group, meet 10.30am, outside Kew Gardens Station, pleasant walk by the Thames to Hampton Court, lunch stop Richmond, 8 miles, bring sandwiches.
- Walk, Ilford and District CHA Rambling Club, meet Hampton Court Station,

- (catching 9.57 train from Waterloo Rail Station), 11am start, 6 miles along the River Thames and around Hampton Court. 020 8926 4593.
- Walk, Epping Forest HF Group, meet 10.30am at Wanstead Station, 6 miles, visit Wanstead Park and Flats, bring packed lunch. 020 8504 1329.
- Strides Badminton Club - Wanstead Leisure Centre, Redbridge Lane West, Sundays 3.30pm, new members welcome, aged 18 years and over, all levels, beginners, average and advanced players, details Mark 020 8598 8435 (before 9.30pm).
- Goresbrook Squash Club - We run Essex Squash Men's and Ladies teams every Sunday 6.20-9pm, £3. 07814 902002.
- Learn to Dance Modern Jive - Hainault Forest Community Centre, every Sunday 7-10.30pm. 07768 005858.
- Sunday Service - Lighthouse Chapel International Church, Outset Centre, Frederick Street, Walthamstow, 11am-1pm. 07974 108350.

Monday, April 16

- Friendship Club - Plume of Feathers Pub, Church Hill, Loughton, for singles 50 plus, Mondays 7.30pm, 07986 472527.
- Arts and Crafts - Unity Hall, Bramley Close, (off Oakfield Road), Walthamstow, friendly group for adults, every Monday afternoon. 020 8527 1454.
- Short Mat Bowls - Warren Heath Short Mat Bowls Club, Warren Junior School, Gordon Road, Chadwell Heath, Mondays and Fridays 7pm, further details Tony or Heather 01708 340874.
- Music Circle - Music Listening Appreciation Group, Rectory Library, Rectory Road, Dagenham, every Monday 7pm (except Bank Holidays), admission free. 020 8592 8821.
- Rehearsals - Redbridge Ladies Choir, Canon Palmer School, Seven Kings, Mondays 7.45-9.15pm. 01708 780964 or 020 8550 8677.
- Rehearsal - The Roding Players Orchestra, Roding Valley High School, Alderton Hill, Loughton (opposite the Underground Station), every Monday, 7.15pm, new members welcome. 020 8505 4329.
- Forest Highlanders - The Forest Highlanders Pipes and Drums, St Cedds Church, Seven Kings, every Monday 8pm.

Tuesday, April 17

- Guided Tour of Valentines Gardens - Valentines Mansion, Emerson Road, Ilford,

- join resident horticulturalist Simon Litt for a tour of the gardens and learn about the seasonal flowers and plants, adults, 11.30am-12.30pm, £3, no need to book just drop in, enquiries 020 8708 8100.
- Hard at work - Through dressing up and play, Valentines Mansion and Gardens, Emerson Road, Ilford, discover what it was like to work at the mansion, fun hands-on sessions for under 5s, 1-5 years and families, 11am-2pm, free, just drop in. 020 8708 8100
- Hainault Lodge Workday - Meet at Redbridge Cycling Centre car park, Forest Road, Hainault, come and lend a hand carrying out some practical conservation work at the borough's only local nature reserve, adults, 10am-2.30pm, enquiries 020 8559 2316
- Cycling Refresher Course - Redbridge Cycling Centre, Forest Road, Hainault, bikes and helmets will be supplied for those that need them, adults, 11am-12noon, £12, Tuesdays from 17 April to 22 May, enquiries 020 8500 9359 or e-mail rcc@vision-rl.org.uk
- Meeting, Soroptimist International East London Club, Valentines Mansion, Emerson Road, Ilford, meet third Tuesday in each month, 7pm, working to advance human rights and the status of women, call 020 8551 0180 or e-mail eastlondon soroptimists@hotmail.co.uk

Wednesday, April 18

- Meeting, Chadwell Heath Historical Society, Wangey Road Chapel, Wangey Road, Chadwell Heath, 'The Lion's Cubs: Henry VIII's Children' by Julian Whybra, 7.30pm, visitors welcome at £1.50 per person, £8 per year for full season, call 020 8590 4659/020 8597 1225 or e-mail chadwellheathshs@hotmail.com
- Wings for Women Support Group - For women who have experienced Domestic Violence or Abuse, Wednesdays 6.30-8.30pm, 0208 556 7111 or 020 8923 7498.
- Meeting - Talking Hands, a friendly Club for the Deaf and Hard of Hearing, Wednesdays 10.45am-2.45pm, York Room, Ilford Library.
- Table Tennis, Forest Community, Guildford Road, Walthamstow, every Wednesday 8pm, new members welcome, details Ray Massey 020 8524 4289.
- Meeting - Friends Club, St Cedds Church Hall, Blythwood Road, Seven Kings (opposite Homebase), Wednesdays 1-4pm, short mat bowls and snooker, 50p per session.
- Live Blues Jam - Coach and Horses, 391

High Road, Leyton, featuring guests, regulars and house band musicians, entrance £2 listeners, £1 musicians, all welcome singers and drummers especially, every Wednesday, 8.30-11.30pm. 020 8502 0351.

Thursday, April 19

- Pond Management - Claybury Park, meet at entrance on Ravensbourne Gardens, near to junction with Warley Road, Clayhall, we'll be removing an invasive non native species from the Claybury Park ponds, wellies recommended, adults, 10am-2.30pm, free. 020 8559 2316.
- Cheeky Monkeys Playgroup - St John's Church Hall, Leytonstone, every Thursday 10am-noon, toys, crafts, singing. 07740 586926.
- Meeting - Wanstead Rotary Club, County Hotel, South Woodford, every Thursday 1-2.15pm, call David 020 8989 2701.
- Meeting - Barking and Dagenham Friendship Club, Methodist Church, London Road, Barking, Thursdays 2-4pm, £1.50 a session, mainly for people who have had a sad loss to make new friends. 020 8594 6409.
- Woodford Symphony Orchestra - A friendly amateur orchestra, which performs concert and major symphonies in Redbridge, rehearsals every Thursday evening. 020 8504 7783.

Friday, April 20

- Dance - The Roding Reelers, St John's Church Hall, Buckhurst Hill, social dancing with a Scottish slant, every Thursday 7.45pm, first visit free. 07710 854267.
- Mummy Boot Camp - Wanstead Youth Centre, exercise with your baby, Fridays 11am, to book call 07719 626642.
- Friendly Club - Pensioners Club at United Services Club, Blake Avenue, Barking, Fridays 12.30pm-3pm, all pensioners welcome. 020 8517 6256.
- Meeting - Redbridge 18 Plus, York Room, Ilford Central Library, Clements Road, Ilford, Fridays for 18 to 36 year olds, sports and social club.
- Pipes and Drums - Waltham Forest Pipe Band, Royal British Legion, 31 Dunton Road, Leyton, pipers, drummers and learners welcome, Fridays 8pm. 020 8520 1727.
- Yoga Classes - Parkside Community Association, Ilford, Friday afternoons, beginners welcome. 020 8590 7497.
- Yoga - Faircross Community Centre, Hursbourne Gardens, Barking, 2-3.30pm, details Jean 07946 215996/020 8591 5830.

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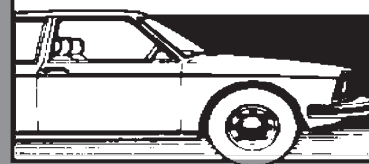
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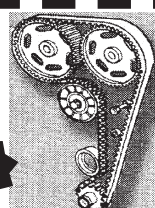
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1. Advertisements are accepted on the conditions that (a) descriptions relating
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hire facilities must conform to the Consumer Credit (Advertisements)
Regulations 1980.

2. 'Classified' Advertisers offering goods or service of a business, commercial or
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telephone number is an optional addition to these requirements and not an
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3. The Publishers accept no liability whatsoever for any loss or damage however
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- (a) Any error, inaccuracy or omission in the printing or publishing of any
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- (b) Any failure to publish an advertisement on the day / date or day / dates
specified by the advertiser; or
- (c) Any delay in forwarding or omission to forward replies to box numbers to
the advertiser.

4. The Publishers will endeavour to publish advertisements on the day / date or
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5. Where shrinkage of advertisement occurs for whatever reasons the
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the full-page advertisements, which remain full pages even after shrinkage.

6. The Publishers reserve the right to reject an advertisement or to vary it in any
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7. Whilst every effort is made to minimise errors in advertisements, mistakes do
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advertisements and inform us of any errors immediately. Responsibility cannot
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8. All gross advertising rates (except classified line and semi-display) are
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9. All rates quoted are subject to VAT at the rate currently in force at the time
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10. Should the rate for advertisements be altered the price for remaining
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11. The placing of an advertisement order will be deemed an acceptance of
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12. Account facilities are granted at the discretion of the Company.

13. All accounts must be settled within the terms agreed by the Company and
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commissions that had been allowed will be reclaimed.

(2) Regular monthly accounts that are in breach of the agreed terms will pay
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14. Where an advertiser instructs / appoints an advertising agent to act on their
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respect for an advertisement(s) should the appointed agent fail to pay. For the
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with the agent being responsible for notifying the advertiser of this liability.

15. All queries must be notified, preferably in writing to the accounts
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16. All digital services are maintained in partnership with the publishers' hosting
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17. The Publisher may provide voucher copies for published advertisements in
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18. The copyright of advertisements produced wholly or partially by the
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Public Notices

PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) REGULATIONS 1990 NOTICE UNDER REGULATION TOWN AND COUNTRY PLANNING (GENERAL DEVELOPMENT PROCEDURE) ORDER 1995 NOTICE UNDER ARTICLE 8

0516/12: Applicant: Mr. Smith **Address:** 96, Harpenden Road, London, E12 5HN **Description:** Existing roof to conservatory to be replaced and increased in height.

0498/12: Applicant: Ms R Jarvis **Address:** 31, Northumberland Avenue, London, E12 5HD **Description:** Single storey rear extension. Loft conversion with two rear dormers.

0538/12: Applicant: Mr. J Velani **Address:** 29, Wanstead Park Avenue, London, E12 5EL **Description:** Loft conversion with rear and side dormers. One rear and two front roof lights. The above proposed developments affect the character or appearance of the: **Aldersbrook Conservation Area.**

0564/12: Applicant: Mr M Redgrave **Address:** 1a, Hereford Road, London, E11 2EA **Description:** Roof extension and new side window with three front roof lights. Ground floor alterations to rear windows and doors. First floor front extension. The above proposed development affects the character or appearance of the: **Wanstead Village Conservation Area.**

0532/12: Applicant: Mr. M. Haq **Address:** 11, Spratt Hall Road, London, E11 2RQ **Description:** Variation of Condition 4 of approved planning permission 2247/10: Matching materials. The above proposed development affects the character or appearance of the: **Wanstead Village Conservation Area.**

0585/12: Applicant: Mr. D. Findall **Address:** 650, Chigwell Road, Woodford Green, Essex, IG8 8AQ **Description:** Single storey side infill extension and relocate existing staircase. The above proposed development affects the character or appearance of the: **Woodford Bridge Conservation Area.**

0584/12: Applicant: Mrs. M. Foakes **Address:** St. Aubyns School, Woodford New Road, Woodford Green, IG8 9DU **Description:** Erection of a cycle shelter.

0484/12: Applicant: Dr. Rattan **Address:** 8, Mornington Road, Woodford Green, IG8 0TS **Description:** First floor side extension and alterations to existing front elevation of garage.

0266/12: Applicant: Mr. P. Rose, Aitch Construction Ltd **Address:** 5, Mornington Road, Woodford Green, IG8 0TS **Description:** Erection of external bollard lights within housing development. The above proposed developments affect the character or appearance of the: **Woodford Green Conservation Area.**

0459/12: Applicant: Mr. J. Webb **Address:** 4 Mellmead House, Orchard Close, Rodney Road, Wanstead, London **Description:** Proposed two storey extension to existing clinic to provide additional rooms and provision of twenty-six additional car parks.

MAJOR APPLICATION
0275/12: Applicant: Fauji Properties Ltd **Address:** 723-729, Cranbrook Road, Ilford, IG2 6RJ **Description:** Demolish existing buildings. Construction of three to four storey building to provide seven x two bedroom flats and two x one bedroom flats.

Applications can be inspected at the Council's First Stop Shop on the ground floor of Lynton House, 255-259 High Road, Ilford Essex IG1 1NN until 21 days from the date of this notice between the hours of 8.30am and 4.30pm Mondays to Fridays and 9.30am to 4.30pm Wednesdays. If you require information contact the planning Services on 020 8708 2053. Representations should be made in writing to Planning Service s within 21 days of the date of this notice.

FIONA DUNNING
Head of Development Management

Date :12/04/2012
DC No.1933

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RADIATOR COVER mahogany, width 7ft 4in x height 3ft x depth 8in, £30. **DISPLAY CABINET**, single glass door, cupboard beneath, mahogany colour, height 69in x width 15 1/2in x depth 14in, £100. **GLASS OVAL COFFEE TABLE**, two split glass bottom shelves, length 39 1/2in x height 16 1/2in x depth 23 1/2in, £20. Tel: 07876 026187.

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TWO SINGLE DIVAN BEDS full sliding door storage underneath, memory foam mattress, one silver metal headboard, other red metal headboard, perfect cond, £35 each. Tel: 01268 776126.

2 SILVER, GREEN AND BLACK 20INS BOYS MOUNTAIN BIKES £20each Green Little Tykes crocodile see saw, £5. Metal 2 seater seesaw £5. Yellow smoby JCB tractor and trailer, £10. Tel: 020 8 530 3680.

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DISPLAY CABINET 72 in high, 32 in wide and hi fi cabinet 33 in high, 19 in wide both in teak with stain glass doors good condition £25 ono buyer collects Tel:07866060533 Benfleet

GROUND SHEET breathable, blue, 2.5 x 4.5 metres, used once, still in storage bag, £25. **CARLTON DESK FAN**, 12in oscillating, as new, £10. Tel: 01702 714100.

HIGH CHAIR Chicco, spotty pink, vgc. £25 ph. **FLUTE**, Buffet Crampon Paris 228, silver plate, offset G, closed keys, little used, vgc, £95 ph. Tel: 07964016028

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SUE fair haired petite caring nurse likes nice holidays, romantic nights in/out. WLTM appreciative male to love and care for. **Tel No: 0906 500 6358 Box No: 385641**

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JULIE blonde brown eyes, size 12, varied interests, loves cuddling, kissing and showing affection, seeks similar energetic male friend for TLC. **Tel No: 0906 500 6358 Box No: 385605**

LYNDA very attractive attached female, own transport and willing to travel, seeking similar natured male for extra circular activities. Must be discreet. **Tel No: 0906 500 6358 Box No: 386653**

CHARLIE young 37yr old blonde attractive nurse, OHAC, no ties, new to the area and dating scene, looking to find love with genuine available male, 25-42 with GSOH. **Tel No: 0906 500 6358 Box No: 387051**

LAURA single female 22yrs, blonde, blue eyes, very attractive with curvy figure, WLTM older male for fun times only. Status unimportant. **Tel No: 0906 500 6358 Box No: 387049**

TASHA single working mum seeks light hearted man, 35-45 who also likes to enjoy life to the full for passion, romance and tic. **Tel No: 0906 500 6358 Box No: 387047**

AMANDA 32, petite brown eyed pretty, very open minded, fit, nurse by profession, WLTM outgoing open minded guy for role play and fun meets. **Tel No: 0906 500 6358 Box No: 387099**

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KERRY blonde blue eyed cultured lady, very genuine, caring, seeking caring natured male 45-58 for loving romance. **Tel No: 0906 500 6358 Box No: 386649**

HI I'm Jane a 40yr old divorcee with 3 children, looking to fall in love again, seeks genuine, confident, very tactile male. **Tel No: 0906 500 6358 Box No: 386643**

BONNIE slim fun loving attractive single mum with GSOH looking for similar male for loving relationship and some adult attention. **Tel No: 0906 500 6358 Box No: 386639**

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SHARON retired model 36, tall, attractive, considerate, easygoing, loves finer things in life, seeking well-mannered male, 40-60yrs. **Tel No: 0906 500 6358 Box No: 386635**

LYNN 37 single mum, petite slim and very pretty, seeking caring funny guy to be with and become my Mr Wonderful. Dads welcome. **Tel No: 0906 500 6358 Box No: 386633**

ALICE 18yr old tall blonde carefree student, looking for exciting male 18-30 for good times only. ACA. **Tel No: 0906 500 6358 Box No: 387107**

TERRI 39, attractive in great shape, blonde, blue eyes, seeking manly professional to dominate and enjoy adult fun times. call me to find out more. **Tel No: 0906 500 6358 Box No: 387061**

CHLOE pretty single female 36yrs, dark hair/eyes, slim build, very lonely and looking for reliable discreet male for mutual companionship maybe more. **Tel No: 0906 500 6358 Box No: 387057**

JOY loving with positive outlook, genuine, sincere, looking for a lovely man to take me out, enjoy mutual romance and look after. **Tel No: 0906 500 6358 Box No: 387055**

HI I'm Jo, petite, pretty, fed up with own company, seeking male to help me get back into the swing of things, for uncomplicated fun times together. **Tel No: 0906 500 6358 Box No: 387103**

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JEAN blue eyed slim blonde, certainly not looking for time wasters, WLTM likeminded male to enjoy cuddles and all the simple things life has to offer. **Tel No: 0907 308 0272 Box No: 387067**

MARTHA 36yr old busty black female with many interests seeking genuine loving male who enjoys home cooked food, fussing and good conversation. **Tel No: 0907 308 0272 Box No: 387065**

NAOMI slim attractive 19yr old female seeking honest male, any race/age, to get to know and enjoy mutually respectful fun relationship. ACA. **Tel No: 0907 308 0272 Box No: 387063**

JOY 36 petite medium build, blue eyes, loves romantic walks, meals in/out, WLTM male 30-45 for no strings meets. Status unimportant. **Tel No: 0906 500 6358 Box No: 386629**

TINA 38 social outgoing nurse, OHAC, no ties, looking for mature male for nights in/out, romance, roll play and possible ltr. **Tel No: 0906 500 6358 Box No: 386627**

SENSUAL 32yr old professional with no time to have a relationship, seeks similar understanding male for compatible discreet relationship. **Tel No: 0906 500 6358 Box No: 386639**

TINA fun loving young single mum with GSOH, seeking similarly happy guy for fun times, meals out, romance and company. **Tel No: 0906 500 6358 Box No: 385365**

ELLEN attractive blue eyed divorcee, very lonely and in need of a lot of attention, WLTM understanding male for long term romance. **Tel No: 0906 500 6358 Box No: 385363**

SHARON 37yr old attractive feminine size 10, employed, OHAC, single mum of one, seeking similar lonely male with mature outlook. **Tel No: 0906 500 6358 Box No: 385655**

DEBS slim attractive stylish naughty 40 looking for male who is prepared to give me lots of attention for fun times in return. ACA. **Tel No: 0906 500 6358 Box No: 385653**

JUNE good looking divorced 40's female, bubbly romantic and looking for tic. Genuine replies only pls. **Tel No: 0906 500 6358 Box No: 386301**

SUE young looking vivacious female with great sense of humour, OHAC, independent, interesting and sensual, seeking single tactile male. ACA. **Tel No: 0906 500 6358 Box No: 386275**

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Positive start to track and field season for Mayesbrook athletes

Athletics

THE TRACK and field season got off to a flying start for Havering Mayesbrook at a cold and windy Lee Valley on Saturday as the club's senior ladies and under 15 teams placed third in the Alpha Trophy.

The Under 15 girls performed superbly to place second in their competition.

Chenice Constable set the ball rolling with victory in the first event the long jump and Katie Dawson's personal best saw her take B string victory on her Under 15 team debut.

Both girls scored well in their other events with Constable adding B high jump win and 100m fourth place and Dawson placing second

in the 200m B and fourth on her hurdles debut.

Michelle Hughes dipped below 12 seconds for the first time in winning the hurdles and was runner up in the high jump.

Sprint hope Modupe Shokumbi smashed her 100m best clocking a windy 12.70s for second and also set new career marks with her 26.62 200m clocking in third. Hughes, Dawson, Constable and Shokumbi combined well for third in the sprint relay.

There were good points in the 800m as Heidi Surman-Wells and Amy Baggs were both second and Zoe Rudgley improved her best for fifth in the 1500m.

Baggs was also second in the B discus. Freya Gut-

teridge completed the Under 15s line up throwing a new best in the discus and scoring valuable points in the shot and javelin.

The seniors had five victories on their way to fourth place. Gemma Phillips took on the early pace in the 1500m and hung on well for fourth, to win the B in her fastest time since 2007, but Vicky Smith came through strongly for victory. Her win made up for being edged out of 800m victory in the final stride, although her PB of 2:20.83s was some consolation.

The hurdles brought good points as Chloe van Wulven was the A sprint hurdles, with Claire Brennan second in the B, while in the 400m hurdles, Brennan was again

CLEAR: Chloe van Wulven on her way to senior 100m hurdles victory.
Picture by Tony Benton



second as Flic Clarke won the B event.

Bethan Siddons won the B high jump and with no pole vault competition vaulter Kate Cowley tackled three field events placing second in the high jump, third in the javelin and scoring shot

points. There were season's bests for 400m runner Nina Brennan and sprinter Rachel Kerr (100m) and Hannah Connor also improved her 2012 best in the long jump. Siblings Sophie and Erin Baggs completed the line up with good discus points.

West Ham United

Another home draw for Irons

WEST Ham United's faint automatic promotion hopes in the Championship remain alive after Ricardo Vaz Te's late penalty salvaged a 3-3 draw against fourth-place Birmingham City on Monday.

The Irons found themselves 3-1 down at the break as goals from Jordan Mutch, Marlon King and Chris Burke put Blues ahead with Vaz Te getting his first of the afternoon, with the score at 2-1.

However Sam Allardyce's men had the better of the second half with Carlton Cole volleying home on 70 minutes before Vaz Te's late spot-kick on 89 minutes after a handball was given against Burke.

It meant it was the Hammers' sixth draw in seven home games.

But with Reading winning 1-0 at Brighton on Tuesday night to go level on points with leaders Southampton, the Irons find themselves six points behind with four games to play.

Allardyce said: "We've paid for a sloppy first half yet again and unfortunately while it's a magnificent comeback once again it's only one point and not three and three is what we wanted."

Dagenham & Redbridge

Daggers near League safety

DAGENHAM & Redbridge are on the brink of League Two safety following their 2-1 victory at Gillingham on Monday.

The Daggers are nine points from safety with three games to play and took their unbeaten run to six games.

Brian Woodall gave John Still's men a 38th minute lead which was cancelled out by Rowan Vine's goal before the hour mark.

But substitute Dominic Green fired in the winner on 73 minutes to continue Daggers' impressive run of form.

Still said: "Our performances for a while have been good. Gradually as we've got players injury free and a bit fitter it has made our squad a bit stronger and that has made us a stronger team. The form has been very good and that's every credit to the players and my staff because we have worked tirelessly on the training ground and long hours to get players up to proper levels of fitness and organisation. As long as we can keep performing I'm sure the rest will follow."

Leyton Orient

O's lose again

By Rowland Lyons at St James's Park

LEYTON Orient boss Russell Slade apologised to the 288 fans who made the long trip to see their side suffer an embarrassing 3-0 Bank Holiday Monday defeat at Exeter City in League One.

The Grecians – without a win in nine games – boosted their slim survival hopes as the O's poor run continued with Jake Taylor and a Liam Sercombe double condemning the east Londoners to a fourth successive reverse.

It was the O's second 3-0 loss in 72 hours after losing 3-0 at home to Notts County on Good Friday, leaving them a spot above the relegation places.

Slade said: "It was an opportunity missed today and we should have taken something out of the game. Hopefully, we can repay them throughout the remaining games of the season."

League champs Leopards set for play-off push

Basketball

LONDON Leopards will host Medway Park Crusaders on Saturday at Basildon Sporting Village as they look to add a third piece of silverware this season.

Having already clinched the Division One title and National Cup, Dejan Mihevc's team now start the play-offs against a Crusaders side who finished eighth in the table.

The Crusaders were the last side to beat Leopards in league play when they won 93-83.

Since then, Leopards have gone on to 19 straight league victories, and won 21 out of 22 games in all competitions.

However Mihevc still wants more.

He said: "We're excited about the play-offs and we want to finish the season with a win. The supporters have been great this season and we want to reward them with a victory in our final home game."

The winner of Sunday's tie, which tips off at 4pm, will face either Worthing Thunder or Leicester Warriors in the semi-final

at the Amaechi Centre in Manchester on Saturday, April 28, with the final at the same venue the following day.

The Big Cats wrapped up their league campaign on Easter Sunday with a convincing 106-88 victory against Thunder at Basildon.

They led for all but the first 13 seconds, with Vernon Teel recording his ninth triple-double of the season with 30 points, 12 assists and 11 rebounds in under 25 minutes.

Ousman Krubally kept his run of doubles-doubles going with 18 points and 11 boards in 22 minutes.

Simonas Bublys scored 16 points and nine rebounds while David Buchberger needed only 19 minutes to finish with 15 points, five rebounds and as many assists.

TITLE London Leopards captain Ousman Krubally is presented with the EBL Division One trophy by Robert Youngblood, who captained the old Leopards when they won the BBL title in 1997 and 1998.

Picture by essexsportsagency



Clarets extend gap in play-off chase

Non League Football

CHELMSFORD City boosted their play-off challenge in Blue Square South with a 1-0 victory over Eastbourne Borough on Easter Monday.

Both sides were reduced to ten men with Ricky Modeste sent off for the Clarets and Mitch Walker receiving his marching orders for the visiting Sports.

But Cliff Akurang's winner on 78 minutes settled the match and increased City's gap to five points over Dover outside the play-offs.

Relegated Thurrock lost 1-0 at third place Welling United. Harry Baker's 15th minute goal proving to be the winner.

Billericay Town maintained their two-point advantage at the top of Ryman League Premier with a goalless draw at title rivals AFC Hornchurch.

Both sides still have three games to play.

Canvey Island remain in the play-off battle with a 2-1 win at island rivals Concord Rangers, ending the Beachboys' hopes in the process.

The Gulls scored in the third minute of each half through Ashley Dumas and Danny Heale.

John Easterford, sent off on Saturday, played the full 90 this time, but put through his own net for Concord's consolation.

East Thurrock United came from behind to win 4-1 over already relegated Aveley.

Jack Stevenson put the Millers ahead midway through the second half, but Spencer Harrison levelled for Rocks soon after.

Sam Higgins scored his 33rd league and cup goal while Kye Ruel and Ben Wood completed the rout.

Tilbury's hopes for finishing in

third place in Ryman League Division One North was boosted with a 2-1 victory over Great Wakering Rovers who slip to the bottom.

Alex Read opened the scoring for Dockers in the 13th minute only for Jay Nash to reply for Wakering seven minutes later.

But Emiel Akien scored four minutes into half second stoppage time to leave Tilbury behind Needham Market on goal difference.

Wakering are now eight points from safety, with nine points available.

Ilford have pulled themselves clear of the drop zone with a 3-1 victory at Brentwood Town.

The Foxes scored twice in the closing stages of the first half through Jonathan Glowacki and Rob Carter.

Martyn Stokes pulled one back six minutes after the break but Carter added his second.

Grays Athletic dropped down to fifth place after Romford pegged them back to draw 2-2.

Joao Carlos scored twice soon after half-time but the hosts fought back through Jack Barry (80) and Kurt Smith (82).

Redbridge kept alive their play-off hopes with a 7-2 victory at Waltham Forest.

James Robinson, Joe Gardner and Mitchell Das, with a penalty, put the Motormen 3-0 up before Nicolas Bondon pulled a goal back for Forest.

Gardner scored twice in the first eight minutes after the break for his hat-trick. Dominic Okianu got Forest's second before Robinson and Eddie Hart completed the rout.

Heybridge Swifts won the battle of Maldon, winning 1-0 at home over Maldon & Tiptree. Luke Callander's 32nd minute goal proving decisive.

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